

KALE AND SWEET POTATO CURRY

Servings: 4

This one-pot vegetarian dish features two super-foods and cooks in 30 minutes. It's a simple and healthy weeknight meal that has just the right amount of sweetness and spice.

INGREDIENTS

1 1/2 Tbsp coconut oil, grape seed or vegetable oil
1 shallot, minced
2 Tbsp fresh ginger, minced
2 Tbsp garlic, minced
1 Thai red chili, stem removed and thinly sliced (optional)
3 Tbsp red curry paste (such as Thai Kitchen)
1 1/2 tsp ground turmeric
1 large or 2 small sweet potato, peeled and cubed
2 cups chopped kale
2 14 oz. cans lite or regular coconut milk
1-2 Tbsp maple syrup (optional)
salt to taste

For serving (optional):

Lemon or lime wedges
Fresh cilantro
Brown rice, chickpeas or lentils
Steamed cauliflower or broccoli

DIRECTIONS

1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic and hot pepper. Saute for 2-3 minutes, stirring frequently.
2. Add red curry paste and sweet potato. Stir together and cook for 2 minutes.
3. Add coconut milk, maple syrup (if using), turmeric and pinch of salt and stir. Bring to a simmer over medium heat. Cook for 5-10 minutes, stirring occasionally.
4. Once sweet potatoes have softened, add kale and cover. Simmer 3-4 minutes more over low to medium-low heat.